

# Ashmole Primary Menu Spring 2023

## Week 1

WC 27/02, 20/03, 24/04, 15/05, 12/06, 03/07

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Vegetarian Lasagne with Fresh Bread	Beef Burger in a Bun Served with Potato Wedges	Roast Turkey Served with Roast Potatoes and Gravy	Sweet Chilli Chicken with Wholegrain Rice	Fish Fingers or Breaded Chicken with Chips
Halal Option		Halal Beef Burger in a Bun Served with Potato Wedges	Halal Chicken Served with Roasty Potatoes and Gravy		Breaded Halal Chicken with Chips
Vegetarian Main	Vegetarian Chow Mein with Noodles	Quorn Burger Served with Potato Wedges	Jacket Potatoes with Beans and Cheese	Macaroni Cheese	Pizza with Chips
Dessert	Oaty Apple Crumble with Vanilla Ice Cream, Fresh Fruit, Cheese and Crackers or Yoghurt	Fresh Fruit in Jelly, Fresh Fruit, Cheese and Crackers or Yoghurt	Organic Yoghurt, Fresh Fruit or Cheese and Crackers	Shortbread Biscuit with Milkshake, Cheese and Crackers or Yoghurt	Ice Cream, Fresh Fruit, Cheese and Crackers or Yoghurt
Cooked Vegetable	Garden Peas	Corn On the Cob	Green Beans	Fresh Carrots	Baked Beans

A Selection of Fresh Bread, Milk, Water and Salad bar are provided daily

# Ashmole Primary Menu Spring 2023

## Week 2

WC 06/03, 27/03, 01/05, 22/05, 19/06, 10/07

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Quorn Strip Fajita Wrap with Rice	Pork Sausages Served with Mashed Potatoes and Yorkshire Pudding	Roast Chicken with Roast Potatoes and Gravy	Pasta with Chicken Meatballs in Tomato Sauce	Fish Fingers or Breaded Chicken with Chips
Halal Option		Halal Chicken Sausages with Mashed Potatoes and Yorkshire Pudding	Halal Turkey with Roast Potatoes and Gravy	Pasta with Chicken Meatballs in Tomato Sauce	Breaded Halal Chicken with Chips
Vegetarian Main	Pasta with Roasted Sweet Pepper Sauce	Quorn Sausages With Mashed Potatoes And Yorkshire Pudding	Butternut Squash Curry with Wholegrain Rice	Jacket Potatoes with Beans and Cheese	Quorn Burger with Chips
Dessert	Date Chocolate Brownie with Chocolate Sauce, Fresh Fruit, Cheese and Crackers or Yoghurt	Summer Fruit Muffin, Fresh Fruit, Cheese and Crackers or Yoghurt	Organic Yoghurt, Fresh Fruit or Cheese and Crackers	Carrot Cake with Custard, Fresh Fruit, Cheese and Crackers or Yoghurt	Ice Cream, Fresh Fruit, Cheese and Crackers or Yoghurt
Cooked Vegetables	Corn on the Cob	Garden Peas	Fresh Broccoli	Fresh Carrots	Baked Beans

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# Ashmole Primary Menu Spring 2023

## Week 3

WC 20/02, 13/03, 17/04, 08/05, 05/06, 26/06

	<b>Meat Free Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main Meal</b>	<b>Macaroni Cheese</b>	<b>Chicken Curry with Wholegrain Rice</b>	<b>Roast Turkey with Roast Potatoes and Gravy</b>	<b>Beef Lasagne with Fresh Bread</b>	<b>Fish Fingers or Breaded Chicken with Chips</b>
<b>Halal Option</b>		<b>Halal Chicken Curry with Wholegrain Rice</b>	<b>Halal Turkey with Roast Potatoes and Gravy</b>		<b>Breaded Halal Chicken with Chips</b>
<b>Vegetarian Main</b>	<b>Lentil Ragu with Cous-Cous</b>	<b>Quorn Bolognaise</b>	<b>Sweet Potato and Spinach Bake with Roast Potatoes</b>	<b>Sweet and Sour Stir- fry with Noodles</b>	<b>Halloumi Burger with Chips</b>
<b>Dessert</b>	<b>Pineapple Upside-down Cake with Custard, Fresh Fruit, Cheese and Crackers or Yoghurt</b>	<b>Chocolate Muffin, Fresh Fruit, Cheese and Crackers or Yoghurt</b>	<b>Organic Yoghurt, Fresh Fruit or Cheese and Crackers</b>	<b>Fruit Salad, Cheese and Crackers or Yoghurt</b>	<b>Ice Cream, Fresh Fruit, Cheese and Crackers or Yoghurt</b>
<b>Cooked Vegetables</b>	<b>Sweetcorn</b>	<b>Garden Peas</b>	<b>Carrots</b>	<b>Green Beans</b>	<b>Baked Beans</b>

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